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The Effects of Playing Computer Games on Young People

Playing computer games has both good and bad effects on young people. Some say games can affect studying, while others think they are fun and useful.

One problem is that playing too much can harm health. Sitting in one place for a long time can cause back pain and eye strain. Staring at a screen for hours can make eyes tired and lead to headaches. Also, when children play games for too long, they do not get enough exercise, which can make them gain weight and become unhealthy. Some students even skip homework or sleep late because gaming too much, which affects their grades and energy levels during the day.

However, games can also be helpful in many ways. Some games improve thinking skills by making playing players solve ^{can} problems and make quick decisions. Others help with hands and eyes coordination, which can be useful in real life. Many games also teach teamwork, as players need to



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work together to win. In addition, playing games can be a great way to relax after studying or doing homework. Some games even teach useful skills like strategy, planning and creativity.

In conclusion, games are positive if played in moderation. It is important to balance well between games, sports and studying, and spending time with family and friends.

萨莫瑞

To listen well, you should show interest in what the other person is saying. You can do this by looking at them and giving small signs like a nod. Even if the topic is not exciting, try to stay focused and not think about other things. Instead of staying quiet, ask questions to keep the conversation going. If something is unclear, it's fine to ask for an explanation. These simple habits can help you become a better listener.